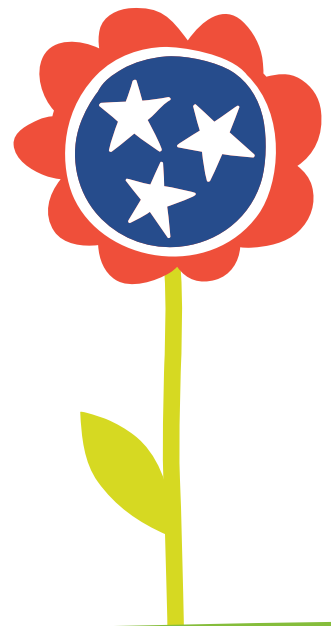


TENNESSEE EXECUTIVE RESIDENCE

THE GARDEN GUIDE





A NOTE FROM FIRST LADY CRISSY HASLAM

Welcome to the Tennessee Residence Garden Guide!

The Governor and I feel very fortunate to serve this great state, and the beautiful Tennessee Residence is a treasure for us to live in and enjoy with special guests like you! We are excited for you to learn more about Tennessee's home and our Kitchen and Cutting Garden with this fun guide.

Bill and I love that we live in an agricultural state, known for delicious food and southern hospitality, and we built the Kitchen and Cutting Garden to highlight these unique Tennessee traditions at the executive residence. We want to promote local agriculture and encourage healthy farm-to-table eating by using the garden's produce in the food we prepare and the flowers we display in the home. There are so many benefits to growing your own produce! You can learn about healthy fruits and vegetables, science, problem-solving, sustainability and the environment. I hope you enjoy learning more about our Kitchen and Cutting Garden with this guide and that you might be inspired to grow your own fruits and vegetables at home.



Thank you for taking time to use this guide!

Warm regards,

Crissy Haslam
First Lady of Tennessee

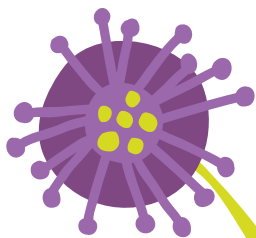


TABLE OF CONTENTS

All About Gardens	Page 4
What's Growing?	Page 5
It's a Plant's Life	Page 7
We're All Connected	Page 10
Growing Power!	Page 12
Garden Fresh Recipe	Page 13
Grow a Garden at Home	Page 14
Resources	Page 15

A BRIEF HISTORY



Tennessee's Executive Residence was built for businessman William Ridley Wills, the founder of National Life and Accident Insurance Company, and completed in 1931. It was originally known as "Far Hills" because of the beautiful view from the home's 10-acre site. The Residence has three floors and 16 rooms.

The property became the official governor's home when the state purchased it in 1949. To date, nine governors and their families have lived and worked in the Tennessee Residence, including Gordon Browning, Frank Clement, Buford Ellington, Winfield Dunn, Ray Blanton, Lamar Alexander, Ned Ray McWherter, Don Sundquist and Bill Haslam. During Governor Phil Bredesen's term (2003-2011), the Tennessee Residence underwent a major renovation led by First Lady Andrea Conte and the Tennessee Residence Foundation.

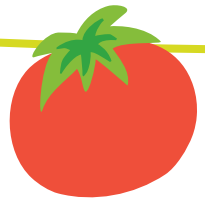
Over time, the Tennessee Residence and grounds have welcomed tens of thousands of Tennesseans and hosted official functions for distinguished guests, including Presidents John F. Kennedy, Lyndon Johnson, Ronald Reagan, Bill Clinton and Vice-President Al Gore; legislative leaders; numerous governors; religious figures such as Rev. Billy Graham; and other distinguished dignitaries from around the world.

ALL ABOUT GARDENS

A **garden** is an area of soil where plants are grown. Since ancient times, people have created gardens to grow food, enjoy beautiful plants, and design colorful outdoor spaces. Did you know that many of our nation's Founding Fathers, including George Washington, Thomas Jefferson, and John Adams, were passionate about gardening and farming? Their interests helped to shape gardening traditions in America. There are many kinds of gardens. Some grow plants and flowers. Some grow vegetables. Others are designed for wildlife. How much do you know about gardens? Have a little fun with the garden activities below!

NAME THAT GARDEN!

There are many different kinds of gardens. Can you draw a line to connect the type of garden in the left column with its description in the right column? The first one is done for you.



Botanical garden

Fruits and vegetables are grown that go from the ground to the plate (after they are washed, of course).

Kitchen garden

Includes plants and flowers that attract flying friends.

Cutting garden

Uses only natural materials to help plants grow.

Organic garden

Grows trees, plants and flowers for education or science.

Butterfly garden

Grows flowers that can be cut and put in vases.

WHY GROW A GARDEN?

There are many great reasons to grow a garden at your home or school. Check off the ones that are important to you.

- | | |
|--|--|
| <input type="checkbox"/> Have fun! | <input type="checkbox"/> Learn responsibility and decision-making. |
| <input type="checkbox"/> Help the environment. | <input type="checkbox"/> Enjoy the outdoors. |
| <input type="checkbox"/> Grow food that is good for you. | <input type="checkbox"/> Attract wildlife like butterflies or birds. |
| <input type="checkbox"/> Make your home or school beautiful. | <input type="checkbox"/> Save money and natural resources. |
| <input type="checkbox"/> Get exercise. | <input type="checkbox"/> Grow food to give to those who are hungry. |

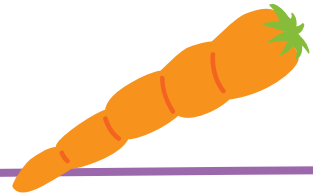
WORD DIG

Can you find and circle the garden words in the puzzle below?
Hidden words can be vertical, horizontal, diagonal, forwards, or backwards.



J S E E M F E T V L
D F N K Q P N H E C
V N I E D A H S G O
S E V O L G S T E M
G I D P L E E R T P
E N I H S N U S A O
Q B E K A R H A B S
S E E D V D H O L T
F E R T I L I Z E O
N J F L O W E R R K

WHAT'S GROWING?



The Kitchen and Cutting Garden is filled with plants and vegetables that grow right here in Tennessee. The plants that grow in a region or state are called **native plants**. Tennessee gardeners are lucky because there are three growing periods for fruits and vegetables. Gardeners can plant early, mid, and late-season crops. So, what's growing?

Tennessee is an **agriculture** state. Agriculture is growing crops and raising animals.

Agriculture is so important in Tennessee that the word "agriculture" is on the state seal! Can you guess the top vegetables and fruits grown in Tennessee?

Use the clues below to help you.

TENNESSEE'S TOP CROPS



1. Some call me a vegetable, but I am really a fruit. I grow on a vine. I am sometimes red and sometimes green. I can often be found in salads. I am a ...

2. I am a vegetable. My name has two words. The first word rhymes with tap. Other varieties of me include green, kidney, and string. I grow in the ground. I am a ...

3. I am a fruit. I grow on a tree. One of me a day keeps the doctor away! I am sometimes red and sometimes green. Dorothy ate me in the Wizard of Oz. I am an ...

4. I am a fruit. I grow in a cluster on a vine. I make a popular flavor of jelly. My name starts with a "G." I am a ...

GARDEN SCAVENGER HUNT

All of these vegetables and flowers are growing in the Kitchen and Cutting Garden. Search for them during your visit. Give yourself one point for every plant you find.

A FLOWER YOU
CAN EAT!

- ☐ Blackberries
- ☐ Broccoli
- ☐ Rosemary
- ☐ Purple Tomato
- ☐ Nasturtium

- ☐ Okra
- ☐ Marigolds
- ☐ Basil
- ☐ Purple Coneflowers
- ☐ Pattypan Squash

OUR STATE
WILDFLOWER!



ALSO KNOWN AS THE
"FLYING SAUCER" SQUASH!



WHAT'S YOUR NAME?

As you walk around the Garden, you will see long names next to the flowers, trees, and plants. These are the **botanical names** of each plant. Some plants have different names in different parts of the world, but the botanical name is the same everywhere. Here is an example:

FAMILY: SOLANACEAE
GENUS: LYCOPERSICON
SPECIES: LYCOPERSICUM
COMMON NAME: CHEROKEE PURPLE
TOMATO





IT'S A PLANT'S LIFE



Do you ever wonder why plants grow and flowers bloom? It's because they are getting what they need to help them grow! Plants need **soil**, **sun**, **oxygen**, and **water** to survive. The picture below shows the life cycle of a bean plant.

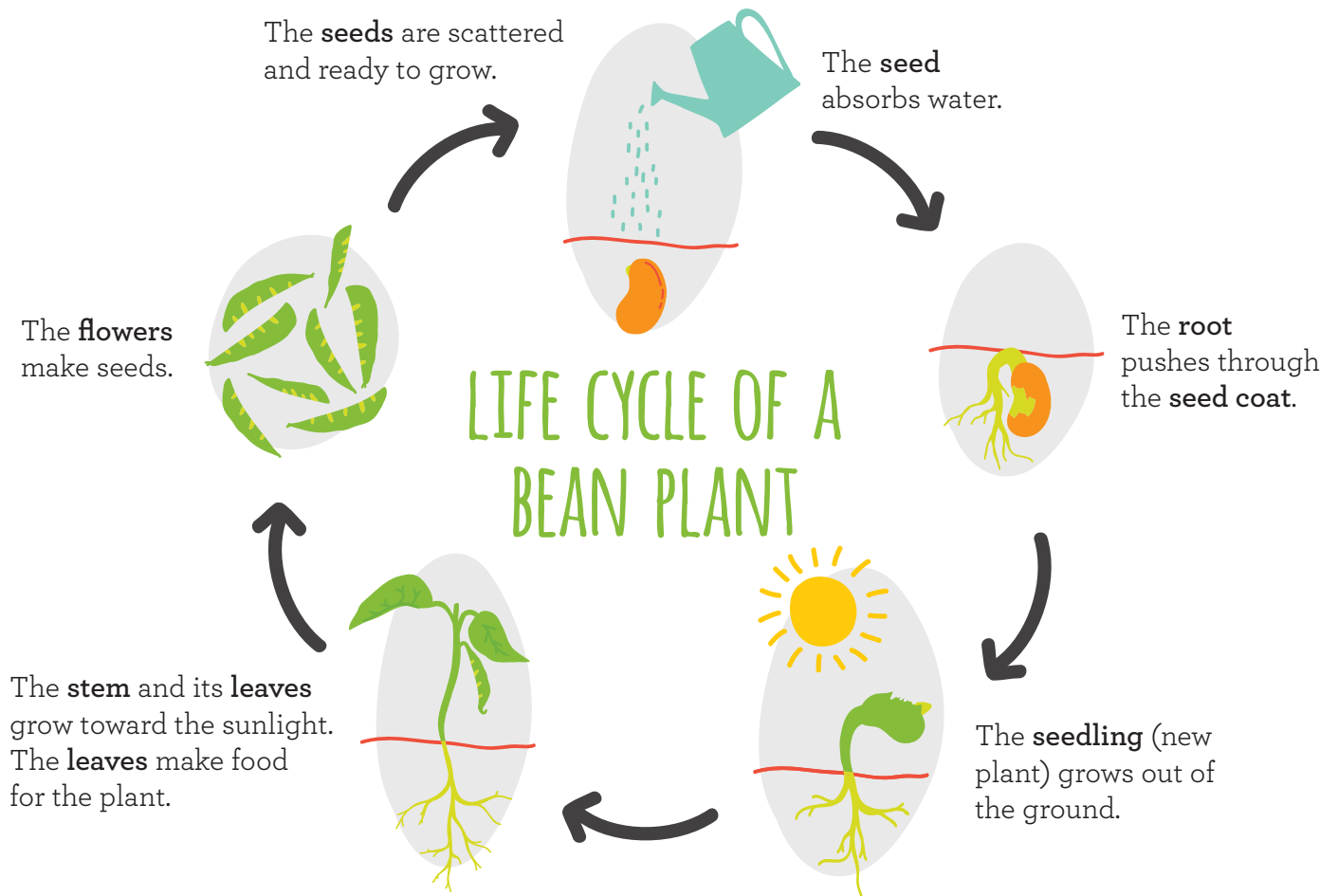


PHOTO... WHAT?

Plants are lucky. They don't have to shop for food or spend time cooking it. They just sit in the garden waiting for sunshine so they can make their food themselves! That's **photosynthesis**. Photosynthesis is an important process since many other plants and animals depend on plants to survive. Plants use sunlight and the green in their leaves to make sugars from carbon dioxide (which they breathe in through their leaves during the day) and water. This sugar is used to give the plant energy to grow. Most of the energy is used to make new plant material. Some is stored by the plant to use when there is less sunlight. During the night, plants breathe in oxygen. This is called **respiration**. Plants also need minerals to grow, which they take from the soil. Plants release the water they don't need into the air through their leaves. This is called **transpiration**. Plants are the only living organisms that can make their own food. This is how we know a plant is a plant!

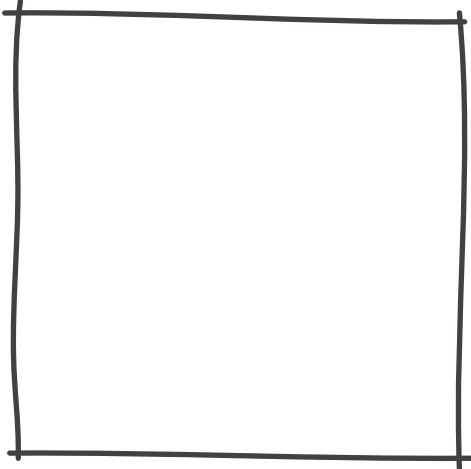


IT'S A PLANT'S LIFE: AT THE GARDEN

As you walk around the Kitchen and Cutting Garden, you may see plants in different stages of growth.

Find a plant you would like to study. Write the plant's name and type on the lines below.

Draw the plant in the box. Then, identify what stage of its life cycle it is in.



MY PLANT'S NAME: _____

TYPE OF PLANT: _____

STAGE IN THE LIFE CYCLE: (CIRCLE ONE)

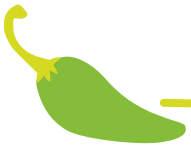
Seed

Seedling

Stem and Leaves

Flowers

THIS IS WHAT MY
PLANT LOOKS LIKE!



IT'S A PLANT'S LIFE: BACK HOME

What fruits or vegetables would your family want to grow? It's important to know how much sunlight you get at your home and what time of day you get it. Different plants need different amounts of sunlight to grow. Some plants need full sun - that's eight hours of direct sunlight. Others need partial sun - that's four to six hours of direct sunlight. Others need mostly shade.

With family members, choose a place around your home where you might grow a garden. For seven sunny days, keep track of how much sunlight shines on the area in the morning, the middle of the day, and the late afternoon. Write your data in a chart. Then, find out what flowers and vegetables would be good to grow at your home.

HOURS OF SUNLIGHT	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
Morning							
Afternoon							
Evening							

IT'S A PLANT'S LIFE: IN THE CLASSROOM

We know that plants and flowers need water to survive. Most of the time, plants get water from the ground. This means they have to transport the water up to the rest of the plant. How do they do this?

WHAT YOU WILL NEED:

- Water
- Measuring Cup
- Clear Cups or Vases (one for each partner group)
- Food Coloring
- White Carnations (enough for each partner group)
- Knife (for teacher use)
- Science Journal

INSTRUCTIONS:

1. With a partner, examine a white carnation. Draw a picture of it in your notebook. Label the stems, leaves, and flowers. Then, draw or write a prediction about how water would move through the flower.
2. Measure $\frac{1}{2}$ cup of water. Pour the water into a cup or vase.
3. Add one teaspoon of food coloring to the water. Stir until it is dissolved.
4. Ask your teacher to help you cut the stems of your flower at a 45° angle with a knife.
5. Place the carnation in the water.
6. Record your observations after 2, 4, 24, 48, and 72 hours.
7. What do your observations tell you about how water moves through a flower?



Here's how it works! Water moves up through a plant through something called **capillary action**. Plants contain many tubes that carry water from the plant's roots up to the leaves. This is the opposite way that water usually moves. Water usually moves down because of gravity. Tiny pieces of water get into the tubes in the flower. They are drawn up by being attracted to the sides of the tubes (capillaries). This attraction is stronger than the pull of gravity.



WE'RE ALL CONNECTED



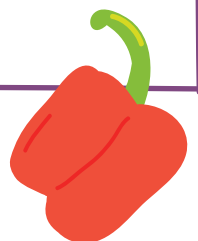
Hundreds of plants live at the Kitchen and Cutting Garden. Worms, slugs, and insects live there too, and they all depend on each other to survive. They depend on non-living things, too. When living and non-living things interact with each other, it's called an **ecosystem**.

WE'RE ALL CONNECTED: AT THE GARDEN



Walk around the Garden to find living and non-living things. Fill in the chart below.

CAN YOU FIND A...	VEGETABLE PLANT	FLOWER	ANIMAL	INSECT / BUTTERFLY	NON-LIVING THING (WATER, ROCKS, ETC.)
Name					
Observations (Write words or draw pictures)					
Does it provide food, water, or shelter for something else in the garden? (Yes/No)					





WE'RE ALL CONNECTED: BACK HOME

A fun way to see how plants and animals work together is by planting a butterfly garden! That's a special garden where butterflies come to find food and shelter. **Here's how to get started:**

1. Find out what butterflies in your area like to eat. You can read about Tennessee butterflies at www.thebutterflysite.com/tennessee-butterflies.shtml.
2. Pick a sunny location that is not windy.
3. Choose your plants. You will need host plants for caterpillars. Fennel, dill, and clover are good host plants. You will also need nectar-producing plants for the butterflies. Nectar-producing plants can include alyssum, larkspur, and sunflowers.
4. Plant your plants in the spot you have chosen.
5. Butterflies get thirsty! Place a small pan filled with water in the garden.
6. Include a few flat stones in your garden so the butterflies can rest.

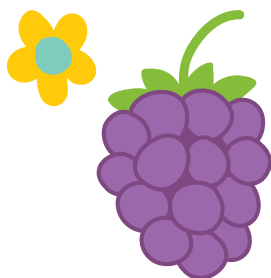


WE'RE ALL CONNECTED: IN THE CLASSROOM

The living and non-living things at the Garden are all connected. Sun gives heat, energy, and food for plants. Many animals eat the plants. Non-living things are important too. In this activity, you will create a web of life using the living and non-living things you saw at the Garden!

WHAT YOU WILL NEED:

- Index Cards
- Several Long Pieces of String



INSTRUCTIONS:

1. On the index cards, write the names of the living and non-living things from your chart. Include cards that say, "sun," "soil," "air," and "water."
2. Create one big pile with all of the cards.
3. Ask each student to pick a card from the pile. Form a circle.
4. Ask a student to name one way that the living or non-living thing on his or her card connects to a living or non-living thing on a different card. Think about food, water, air, and shelter. Use the piece of string to connect the two students together.
5. Ask the second student to find a connection between his or her living or non-living thing to another. Use a new piece of string to connect those two students.
6. Continue until all students can connect to at least one other student in the circle. You have formed a web of life!

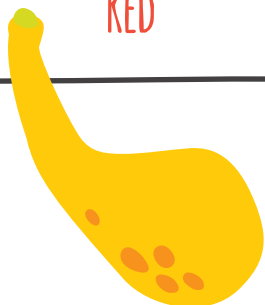


GROWING POWER!



Fresh fruits and vegetables from the garden taste yummy, and they are great for you! In fact, half of your plate should be filled with fruits and vegetables at every meal. Colorful fruits and vegetables are packed with vitamins and minerals that help you stay healthy.

COLOR	FRUITS + VEGETABLES	WHY THEY'RE GOOD FOR YOU
BLUE + PURPLE	Blueberries, Blackberries, Grapes, Eggplant, Cabbage	Keeps you looking young and helps your memory .
GREEN	Peppers, Kiwi, Honeydew, Zucchini, Avocado, Peas	Helps you see better and keeps your bones and teeth strong .
WHITE	Cauliflower, Potatoes, Onions, Garlic, Nectarines	Helps your heart and lowers risk of getting sick .
YELLOW + ORANGE	Oranges, Squash, Mango, Pineapple, Carrots	Helps your heart and vision .
RED	Tomatoes, Beets, Cherries, Strawberries, Raspberries	Helps your heart and your memory .

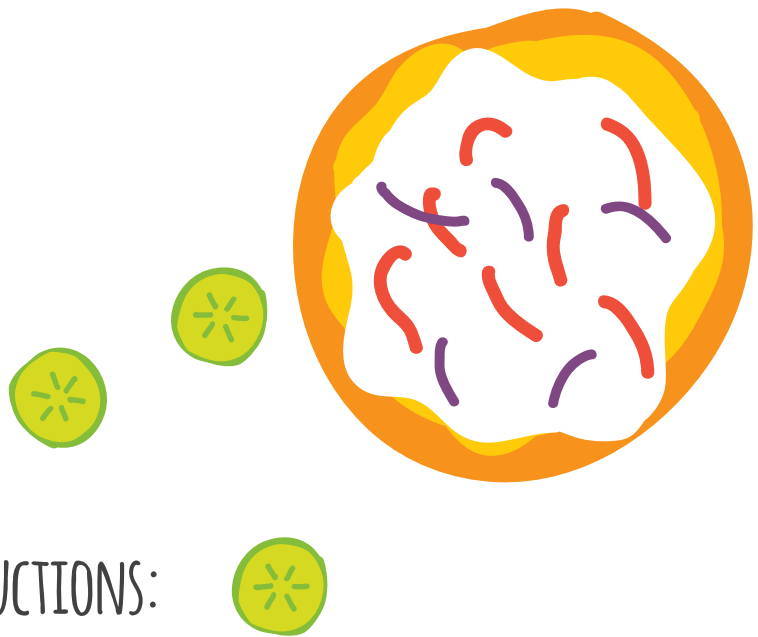


GRILLED GARDEN VEGETABLE AND GOAT CHEESE PIZZA RECIPE

FROM THE TENNESSEE RESIDENCE CHEF

INGREDIENTS:

1 red bell pepper
1 vidalia onion
3/4 zucchini
3/4 cup mozzarella
3 tablespoons olive oil
1/4 cup basil pesto
1 clove garlic, minced
1 cup goat cheese, crumbled
premade whole wheat pizza dough
salt & pepper to taste



INSTRUCTIONS:



1. **Preheat** oven to 425° F
2. **Chop** and slice veggies. In a large bowl, toss veggies with salt, pepper, basil pesto, and 2 tablespoons olive oil. Lay ingredients on a baking sheet, and bake for 10 minutes in the oven or until caramelized.
3. **Divide** premade pizza dough in half and spread out on a round pan or baking sheet. Bake alone for 15 minutes.
4. **Remove** pizza dough from oven, brush with olive oil and sprinkle with minced garlic. Top with mozzarella cheese. Add grilled veggies and goat cheese.
5. **Bake** for 20 minutes, or until cheese has melted and is golden in color.

READY TO GROW A GARDEN AT HOME?



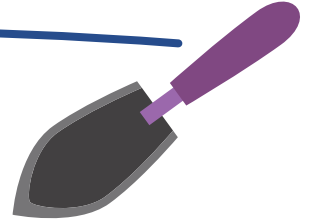
TIPS TO GET YOU STARTED



1. Decide what type of garden you want to grow. It's sometimes good to start small and expand later.
2. Pick a site. Many plants need about six hours of full sun each day. If your site is sunless, choose plants that like the shade. If you live in an apartment or don't have enough land, you can use containers.
3. Clear the ground by digging out the sod. Help the soil with a 2-3 inch layer of compost.
4. Decide what you will grow. Think about fruits, vegetables, and flowers you like and what will grow in your local climate and soil.
5. Get the tools you will need. You can start with a shovel, hoe, and spade.
6. Plant! Tennessee has three different growing seasons so make sure you know the right time to plant.
7. Care for your plants. Make sure they are getting enough air, water, and sunshine! Weed often, and don't forget to fertilize.
8. Eat the fruits and vegetables you grow, and decorate your home with beautiful flowers!



RESOURCES



Fruits and Veggies: More Matters

<http://www.fruitsandveggiesmorematters.org/>

Kid's Garden Club

<http://gardening.afterschooltreats.com/wfdata/frame119-1006/pressrel13.asp>

HGTV Gardens

<http://www.HGTVGardens.com>

My First Garden: A Children's Guide to the World of Gardening

<http://urbanext.illinois.edu/firstgarden/index.cfm>

Pick Tennessee Products

<http://www.PickTNProducts.org/>

National Gardening Association

<http://www.garden.org>

Tennessee Governor's Residence

<http://www.tn.gov/firstlady/residence/index.shtml>

National Gardening Association:

Kid's Gardening

<http://www.kidsgardening.org>

ANSWERS

NAME THAT GARDEN

Botanical garden-

Grows trees, plants and flowers for education or science.

Kitchen garden-

Fruits and vegetables are grown that go from the ground to the plate (after they are washed, of course!).

Butterfly garden-

Includes plants and flowers that attract flying friends.

Cutting garden-

Grows flowers that can be cut and put in vases.

Organic garden-

Uses only natural materials to help plants grow.

WORD SEARCH

J S E E M F E T V L
D F N K Q P N H E C
V N I E D A H S G O
S E V O L G S T E M
G I D P L E E R T P
E N I H S N U S A O
Q B E K A R H A B S
S E E D V D H O L T
F E R T I L I Z E O
N J F L O W E R R K

TENNESSEE'S TOP CROPS

1. Tomato
2. Snap Bean
3. Apple
4. Grape

WHO TAKES CARE OF THE GARDEN?



The Tennessee Residence Kitchen and Cutting Garden is cared for in partnership with the Tennessee Master Gardener Program offered free-of-charge by The University of Tennessee Extension. The main goal of the program is to increase availability of horticultural information and to improve quality of life with community gardens and landscape programs.

Tennessee Master Gardeners are trained, certified volunteers who help share the latest and greatest gardening information!



The University of Tennessee Extension also offers gardening education for youth through their Junior Master Gardener program.

Visit <http://mastergardener.tennessee.edu/> to learn more about participation in the program.

SPONSORED BY:



THE TENNESSEE RESIDENCE

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